

Week of 03 / 15 / 2021 / Cycle 2 - DIET LINE

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Mar 15th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Home Styl Veg & Vegetarian Veg Soups DL Shrimp, DL Sausage & Veggies DL Pasta / DL Crm Sauce on Side DL Roasted Brussel Sprouts / Wheat Roll DL Apple Raisin Salad w/DL Dressing	DL Home Styl Veg & Vegetarian Veg Soups DL Teriyaki Chicken / DL Egg Rolls DL Steamed Brown Asian Style Rice DL Baby Carrots / Fortune Cookies DL Broccoli / Wheat Rolls
T U E S Mar 16th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Trky, Spnch, Lntl & Vegetarian Veg Soups DL Salmon w/ DL Cucumber Sauce DL Grilled Trky Steaks w/Grilled Onions DL Loaded Potato Casserole DL Steamed Asparagus / DL Squash DL Strbry Spnch Salad / Wheat Rolls	DL Trky, Spnch, Lntl & Vegetarian Veg Soups DL Pecan Crusted Tilapia Baked Potato w/FF Sour Cream DL California Blend DL Caesar Salad Wheat Rolls
W E D Mar 17th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Veggie Cutlet w/DL Tom Basil Sauce DL Mashed Potatoes w/DL Gravy DL Sugar Snap Peas DL Tuscan Salad / Wheat Rolls	DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters DL Western Egg Beaters Casserole DL Hash Browns / DL SOS / Biscuits DL French Toast / Sugar Free Syrup
T H U Mar 18th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Winter Minestrone & Vegtarn Veg Soups DL Beef Stew w/Potatoes & Carrots DL Steamed Brown Rice DL Green Peas / Wheat Rolls DL Coleslaw w/Pineapple Tidbits	DL Winter Minestrone & Vegtarn Veg Soups DL Beef Short Ribs 'n DL Gravy DL Mashed Potatoes w/DLRib Grvy DL Pacific Rim Blend Vegetables DL Harvard Beets / Wheat Rolls
F R I Mar 19th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Zesty Italian & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Mediterranean Pasta DL Roasted Whole Cinnamon Carrots DL Cabbage/ Cornbread/ Wheat Rolls	DL Zesty Italian & Vegetarian Veg Soups DL American Tomato & Turkey Goulash DL Mac / Meatless Tom Sauce / DL Tuna Salad DL Sugar Snap Peas / Garlic Bread DL Cauliflower w/DL Cheese Sauce
S A T Mar 20th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Shredder Hash Brown Potatoes Biscuits / DL Biscuit Gravy	DL Cabbage & Vegetarian Veg Soups Build Your Own DL Rst Beet on Wheatberry DL Baked Steak Cut Potatoes DL Greek Salad DL Sautéed Fresh Yellow Squash Chunks Wheat Hoagies	DL Cabbage & Vegetarian Veg Soups DL Pork Loin w/DL Pork Gravy DL Southern Style Black-Eyed Peas Brown Rice / DL Turnip Greens DL Rutabagas / Wheat Rolls Cornbread / Sliced Bread
S U N Mar 21st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Turkey Noodle & Vegetarian Veg Soups DL Country Style Pork Ribs DL Caroline BBQ Baked Beans DL Whole Green Beans Almandine DL Berries & Mandarin Orange Salad	DL Turkey Noodle & Vegetarian Veg Soups DL Grilled Rosemary Chick Brst & Thgh DL Mashed Potatoes w/DL Chick Grvy DL Sautéed Fresh Zucchini Chunks DL Sthrn Okra Succotash / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil